Psychology and Social Concerns

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Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Factors that influence physical well-being or illness

(a) Cognitions
(b) Behaviour
(c) Social and cultural factors

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Impact of Television on Behaviour

- Television provioles a large amount of infotaintment in an attractive form, for which it became a powerful medium of instruction.
- Children spend huge time watching TV. This reduces their habit of reading and writing, and also outdoor activities like playing.
- Watching TV affects children's ability to concentrate on one target, their creativity and ability to understand, and also their social interactions.
- Watching violence on TV might increase aggression in children according to some research since children tend to imitate what they see; they are not mature enough to think of the consequences of such behavior.
- However, some other studies pointed out that merely watching violence on TV doesn't make children aggressive. Other factors need to be present in the situation.
- Other research findings show that watching violence may actually reduce the natural aggressive tendency of the viewers : What is 'bottled up' gets an outlet (a process called 'catharsis').

SOLVED EXAMPLES

1. Which of the following statements best describes the branch of psychology called "environmental sychology"?
(a) It deals with various psychological issues pertaining to human-environment interaction.
(b) It tries to understand the environmental processes like how plants grow etc.
(c) It tries to understand how the social environment of people leads to the development of psychological disorders in them.
(d) It is concerned with understanding how psychological, behavioural, and cultural factors contribute to physical health and illness.

(a)

Which of the following types of environment involves the concept of environmental design?
(a) Natural environment
(b) Social environment
(c) Built environment
d) Personal environment
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3. Which of the following are the psychological features that the idea of "environmental design" contains?
(a) The sense of human control over the natural environment, as shown in the building of dams to regulate the natural flow of rivers.
(b) The creativity of the human mind, as expressed in the work of architects, town planners and civil engineers.
(c) The influence on the kind of social interaction that takes place in the designed environment. This feature is reflected, for instance, in the distance between houses in a colony, the location of rooms within a home, or in the arrangement of work desks and seats in an office for formal and informal gatherings.
(d) All of the above

Ans. (d)

4. Identify which of the following environments are natural environments and which are built environments?
(i) Ocean (ii) Dam
(iii) Grassland (iv) Park

(a) Ocean - natural ecosystem, Dam - built ecosystem, Grassland - natural ecosystem, Park - natural ecosystem
(b) Ocean - natural ecosystem, Dam - built ecosystem, Grassland - natural ecosystem, Park - built ecosystem
(c) Ocean - natural ecosystem, Dam - built ecosystem, Grassland - built ecosystem, Park - built ecosystem
(d) Ocean - natural ecosystem, Dam - natural ecosystem, Grassland - built ecosystem, Park - natural ecosystem

Ans. (b)

5. Who among the following described the three approaches to describe the human-environment relationship?
(a) Roger Baker
(b) Harold Proshansky
(c) Stokols
(d) John Calhoun

Ans. (c)

6. Which of the following is not an approach described by Stokol to describe the human-environment relationship?
(a) Minimalist perspective
(b) Social perspective
(c) Instrumental perspective
(d) Spiritual perspective

Ans. (b)

7. Which of the following options correctly describes the minimalist perspective of human-environment relationship?
(a) It assumes that the physical environment has negligible influence on human behaviour, health and wellbeing.
(b) It suggests that the physical environment exists mainly for use by human beings for their comfort and well-being.
(c) It refers to the view of the environment as something to be respected and valued rather than exploited. It implies that human beings recognise the interdependent relationship between themselves and the environment.
(d) None of these

Ans. (a)

8. Which of the following options correctly describes the instrumental perspective of human-environment relationship?
(a) It assumes that the physical environment has negligible influence on human behaviour, health and wellbeing.
(b) It suggests that the physical environment exists mainly for use by human beings for their comfort and well-being.
(c) It refers to the view of the environment as something to be respected and valued rather than exploited. It implies that human beings recognise the interdependent relationship between themselves and the environment.
(d) None of these

Ans. (b)

9. Which of the following options correctly describes the spiritual perspective of human-environment relationship?
(a) It assumes that the physical environment has negligible influence on human behaviour, health and wellbeing.
(b) It suggests that the physical environment exists mainly for use by human beings for their comfort and well-being.
(c) It refers to the view of the environment as something to be respected and valued rather than exploited. It implies that human beings recognise the interdependent relationship between themselves and the environment.
(d) None of these

Ans. (c)

10. The customs of the Bishnoi community of Rajasthan, and the Chipko movement in the Uttarakhand region, are examples of which of the following perspectives of human-environment relationship?
(a) Minimalist perspective
(b) Instrumental perspective
(c) Spiritual perspective
(d) Neutral perspective

Ans. (c)

PRACTICE QUESTIONS

1. Which of the following demands were included in the memorandum of demands for the Chipko movement?
(i) Only specific trees and vegetation suitable for a particular geographical region should be grown.
(ii) The contractor system for commercial timber exploitation should be abolished.
(iii) Forests in landslide and soil erosion zones need to be identified and renewed.
(iv) Village cottage industries based on minor forest products should be set up to provide jobs to locals for checking migration from villages.
(a) Both (ii) and (iii)
(b) (i), (ii) and (iii)
(c) (i), (ii) and (iv)
(d) All of the above

SHOUT
SHARE
IT

2. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Humans and their physical environ-ment are interdependent. They depend on each other for their survival and maintenance.
Reason : There are a variety of ways in which the physical environment influences human beings, ranging from physical effects.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

3. Which of the following are examples of how the environment influences human beings' emotions?
(i) Watching nature in any form, whether it is a quietly flowing river, a smiling flower, or a tranquil mountain top, gives great joy to human beings.
(ii) Natural disasters, such as floods, droughts, landslides, quakes on the earth or under the ocean, can affect people's emotions to such an extent that they experience deep depression and sorrow, a sense of complete helplessness and lack of control over their lives.
(iii) A tribal society of Africa lives in circular huts, that is, in houses without angular walls. They show less error in a geometric illusion (the Muller-Lyer illusion) than people from cities, who live in houses with angular walls.
(a) Both (ii) and (iii)
(b) Both (i) and (ii)
(c) Only (i)
(d) Only (iii)

4. Which of the following are the correct examples of ecological influences on occupation, living style and attitudes?
(i) The natural environment of a particular region determines whether people living in that region rely on agriculture (as in the plains), or on other occupations such as hunting and gathering (as in forest, mountainous or desert regions), or on industries (as in areas that are not fertile enough for agriculture).
(ii) Members of agricultural societies may value independent thinking, develop an attitude of competitiveness, and cultivate a belief of personal control over what happens to them, whereas members of industrialized societies become fatalistic in their beliefs and develop an attitude of cooperativeness.
(a) Only (i) (b) Only (ii)
(c) Both (i) and (ii) (d) Neither (i) nor (ii)

5. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : The members of an agricultural society develop an attitude of cooperativeness and may become more fatalistic in their beliefs, whereas the members of industrialized societies may value independent thinking, develop an attitude of competitiveness, and cultivate a belief of personal control over what happens to them.
Reason : An agricultural society has to depend on the collective efforts of its members and the members are more dependent on natural events such as the monsoon. On the other hand, highly industrialized societies feel less close to and less dependent on nature and they don't have to depend on collective efforts necessarily.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

6. Which of the following is not a way in which human beings exert their influence on the natural environment?
(a) Natural disasters, such as floods, droughts, landslides etc. can affect people's emotions to such an extent that they experience deep depression and sorrow, a sense of complete helplessness and lack of control over their lives.
(b) Human beings use appliances such as refrigerators and air conditioners that generate chemical substances (e.g., CFCs, or chlorofluorocarbons) that pollute the air.
(c) Deforestation may disrupt the carbon cycle and the water cycle.
(d) Industries discharge effluents, and pump this untreated sewage into rivers, and thus pollute the water and also do great harm to the aquatic life.

7. Which of the following statements best describes the term "environmental stressors"?
(a) These refer to the stimuli or conditions in the environment that create stress for human beings. For example, noise, crowding, pollution etc.
(b) These refer to the stimuli or conditions in the environment which can be used to reduce the stress for human beings.
(c) These refer to unforeseen and often sudden events that disrupt the normal conditions within a society and cause widespread damage, destruction, and human suffering.
(d) These refer to relatively persistent and consistent behaviour patterns manifested in a wide range of circumstances.

8. Which of the following statements best describes the term "noise"?
(a) Any kind of sound
(b) Pleasant sound
(c) Any sound that is annoying or irritating, and felt to be unpleasant is said to be noise.
(d) Sound of someone screaming

9. Which of the following are the effects of noise?
(i) It has negative effects on mental activity because it reduces concentration.
(ii) It puts people in an unpleasant mood, especially if continued for a long period of time.
(iii) Exposure to noise for a long period of time may lead to hearing loss.
(iv) It leads to Improved concentration and task performance.
(a) Both (ii) and (iii) (b) Both (i) and (ii)
(c) (i), (ii) and (iii) (d) (ii), (iii) and (iv)

10. Which of the following characteristics of noise have been found determine its effect on task performance?
(i) Controllability
(ii) Intensity
(iii) Predictability
(a) Both (i) and (ii) (b) Only (ii)
(c) Both (ii) and (iii) (d) All of the above

11. Which of the following are the findings from the research on the effects of noise on human beings?
(i) When tolerating or switching off the noise is within the control of the person, the number of errors in task performance increases.
(ii) When the noise comes at intervals, and in an unpredictable way, it is experienced as less disturbing than if the noise is continuously present.
(iii) If the task being performed is very interesting, then the presence of noise does not affect performance. This is because the nature of the task helps the individual to pay full attention to the task, and ignore the noise.
(iv) Noise above a certain level causes annoyance, and can also lead to sleep disturbance.
These effects are also reduced if the noise is controllable, or is necessary as a part of the person's occupation. However, continued exposure to uncontrollable and annoying noise can have harmful effects on mental health.
(a) (i), (ii) and (iii) (b) (ii), (iii) and (iv)
(c) Both (iii) and (iv) (d) Both (i) and (ii)

12. Which of the following are the direct or indirect psychological effects of different types of environmental pollution on human beings?
(i) The presence of dust particles, or other suspended particles, may give a feeling of suffocation and difficulty in breathing, and may actually lead to respiratory disorders. People who experience this kind of discomfort cannot pay full attention to their work, or be in a pleasant mood.
(ii) The presence of specific chemicals such as lead can cause mental retardation by affecting brain development. Such toxic substances affect human beings through various routes, i.e. through water, or through soil by being absorbed by vegetables grown in polluted soil.
(iii) Inhaling tobacco smoke can increase the aggression level of individuals.
(iv) In the Bhopal Gas tragedy in 1984, many of those who had inhaled the poisonous gas, methylisocyanate (MI(C) along with other substances, showed disturbances in memory, attention and alertness.
(a) Both (i) and (iv) (b) (i), (ii) and (iii)
(c) Both (ii) and (iii) (d) All of the above

13. Which of the following are the features of the experience of crowding?
(i) Negative view of the space around the person
(ii) Feeling of loss of control over social interaction
(iii) Feeling of discomfort
(iv) Loss or decrease in privacy
(a) Both (iii) and (iv) (b) (ii), (iii) and (iv)
(c) (i), (ii) and (iii) (d) All of the above

14. Experience of crowding is brought about by which of the following?
(a) Large number of people.
(b) Short space.
(c) Density, that is, the number of persons within the available space.
(d) People being violent towards each other.

15. Which of the following are the research findings about the effects of crowding and high density on human beings?
(i) Children growing up in very crowded household show lower academic performance and they also experience greater conflict with their parents and get less support from their family members
(ii) Crowding leads to lowered performance o difficult tasks that involve cognitive processes and has adverse effects on memory and th emotional state.These negative effects are see to a smaller extent in people who are used t crowded surroundings.
(iii) Crowding and high density may lead to abnorm behaviour and aggression.
(iv) The nature of social interaction determin the degree to which an individual will react crowding.
(a) Both (iii) and (iv) (b) Both (i), (ii) and (
(c) (i), (ii) and (iii) (d) All of the above

32. Which of the following is the most common psychological disorder that natural disasters generally lead to?
(a) Schizophrenia
(b) Obsessive Compulsive Disorder
(c) Post traumatic Stress Disorder (PTSD)
(d) Somatic Symptom disorder

33. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Natural disasters are traumatic experiences, i.e. emotionally wounding and shocking to those who survive the disaster, that lead to the development of severe psychological disorder called Post Traumatic Stress Disorder (PTSD).
Reason : Natural disasters leave people poverty-stricken, homeless, without any resources, usually along with a loss of everything they owned. The sudden loss of all their belongings as well as their dear ones leaves people shocked and stunned.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

34. Which of the following are the features of Post Traumatic Stress Disorder (PTSD)?
(i) The immediate reaction to a disaster is commonly one of disorientation. People take some time to understand the full meaning of what the disaster has done to them. They may actually deny to themselves that something terrible has happened.
(ii) Physical reactions, such as bodily exhaustion even without physical activity, difficulty in sleeping, change in the eating pattern, increased heartbeat and blood pressure, and getting startled easily can be found among the victims.
(iii) Emotional reactions, such as grief and fear, irritability, anger ("Why should this happen to me?"), helplessness, hopelessness ("I could do nothing to prevent this event"), depression, sometimes absolute lack of emotion (numbness), guilt feelings for having survived while someone else in the family died, blaming oneself, and lack of interest in even routine activities.
(iv) Social reactions, such as withdrawal from others, getting into conflict with others, having frequent arguments with even loved ones, and feeling rejected or left out. Some survivors may actually help other survivors in the healing processes.
(a) (i), (iii) and (iv) (b) (i), (ii) and (iii)
(c) (ii), (iii) and (iv) (d) All of the above

35. Which of the following is not a factor that impacts the intensity of a person's reaction to natural disaster?
(a) The individual's general coping ability.
(b) The disaster - floods are more traumatic than earthquakes regardless of the amount of loss incurred.
(c) The severity of the disaster, and the loss incurred (both in terms of property and life).
(d) Other stressful experiences before the disaster. For example, people who have experienced stress before may find it more difficult to deal with yet another difficult and stressful situation.

36. Which of the following are the measures which can be taken at the community level to minimize the devastating consequences of natural disasters?
(i) Warnings can be given about the natural disasters through radio and television along with the actions to be taken by people in such cases.
(ii) Developing an attitude of self-efficacy in those dealing with PTSD , providing psychiatric help to those showing extreme stress reactions, and finally providing rehabilitation to the survivors in the form of employment.
(iii) Focusing on developmental activities like construction of more and more buildings, roads etc. through deforestation and other such changes to the environment.
(iv) In the case of natural disasters like earthquakes in which the events come too suddenly for people to be warned or mentally prepared, tips can be given beforehand about what to do when these natural disasters take place.
(a) (i), (ii) and (iv) (b) (i), (iii) and (iv)
(c) Both (ii) and (iii) (d) All of the above

37. Which of the following terms is used to describe the actions that are meant to protect the environment from problems, and to promote a healthy environment?
(a) Rehabilitation
(b) Pro-environmental behaviour
(c) Environmental design
(d) Crowding tolerance

38. Which of the following is not a pro-environmental behaviour?
(a) Stopping the practice of smoking.
(b) Separating biodegradable garbage from nonbiodegradable waste, or composting of kitchen waste.
(c) Driving only fuel driven vehicles.
(d) Reducing the non-biodegradable packaging of consumer goods.

39. Which of the following is not a part of the socio-psychological view of poverty?
(a) Poverty is measured in terms of the daily calorie intake per person), and the amount spent on basic necessities of life such as food, clothing and shelter.
(b) Lack of physical health and literacy.
(c) A lack of necessities of life in the context of unequal distribution of wealth in society, sometimes along with a sense of deprivation and social disadvantage.
(d) The lack of an ecologically healthy natural resource base that is needed for a human society's survival and development.

40. Which of the following is/are true of the relationship between deprivation and poverty?
(i) Deprivation may or may not be experienced by poor people.
(ii) Deprived people may or may not be poor.
(iii) Poor people always experience deprivation.
(iv) Deprivation and poverty never exist without each other
(a) Both (i) and (ii) (b) Only (ii)
(c) Only (iii) (d) Both (iii) and (iv)

41. Which of the following statements is/are true about deprivation and poverty?
(i) Deprivation refers to the state in which a person feels that s/he has lost something valuable, and is not getting something that s/he deserves whereas poverty refers to an actual shortage of the resources necessary for living, and thus can be somewhat objectively defined.
(ii) A person who is deprived but not poor, has lesser financial resources compared to a person who is only poor.
(iii) Deprivation refers to loss of all of one's personal belongings and financial resources in a natural disaster whereas poverty results from human actions.
(iv) The situation of the poor is worsened if they also experience deprivation.
(a) Only (i) (b) (ii), (iii) and (iv)
(c) Both (i) and (iv) (d) All of the above

42. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Poverty and discrimination are related in such a way that discrimination becomes both a cause and a consequence of poverty.
Reason : Even if the poor or disadvantaged have the capability, they are kept away from opportunities that are enjoyed by the rest of the society. This makes them even poorer.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

43. Which of the following statements best describes the term "social disadvantage"?
(a) It refers to a physical disability that a person suffers from, which leads to a lot of social problems for him/her.
(b) A condition because of which some sections of society are not allowed to enjoy the same privileges as the rest of society.
(c) Loss of all of one's personal belongings in a natural disaster.
(d) Lack of necessities of life in the context of unequal distribution of wealth in society.

44. Which of the following is/are not true about the psychological effects of poverty on a person?
(i) The poor have low aspirations and low achievement motivation, and high need for dependence. They explain their successes in terms of luck or fate rather than ability or hard work.
(ii) The poor explain their successes in terms of their own hard work and abilities.
(iii) The poor and deprived sections exhibit an attitude of resentment towards the rest of society.
(iv) Intellectual functioning and performance on tasks (such as classification, verbal reasoning, time perception, and pictorial depth perception) is lower among the highly deprived compared to those who are less deprived.
(a) Only (ii) (b) Only (i)
(c) Only (iv) (d) Both (iii) and (iv)

45. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : The poor are more likely to suffer from specific mental illnesses compared to the rich.
Reason : The poor worry constantly about basic necessities, deal with feelings of insecurity, and experience inability to get medical facilities, especially for mental illnesses. They also experience a sense of hopelessness and a loss of identity, as though they do not belong to society.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

46. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.

Assertion : Intellectual functioning and performance on tasks (such as classification, verbal reasoning, time perception, and pictorial depth perception) is lower among the highly deprived compared to those who are less deprived.

Reason : The nature of the environment in which children grow up — whether it is enriched or impoverished — makes a difference in their cognitive development, and this is reflected in cognitive task performance.

(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

47. Which of the following statements explains the 'culture of poverty' cause of poverty?

(a) The poor themselves are responsible for their poverty. They lack the ability and motivation to put in effort, and make use of available opportunities.
(b) It is not the individual, but a belief system, a way of life, and values, in which she/he is brought up, that is the cause of poverty. This belief system convinces the person that she/he will continue to remain poor, and the belief is carried over from one generation of the poor to the next.
(c) Culture of poverty is characterized by the poverty cycle. Beginning with a low income and lack of resources, the poor go through low health and nutrition, lack of education, and lack of skills. This leads to low employment opportunities, which, in turn, continue their low income condition, and low health and nutrition status. The resulting lowered motivational level only makes the situation worse; the cycle starts and continues again.
(d) Poverty is caused by discrimination whereby certain sections of society are denied the opportunities needed for getting even the basic necessities of life.

Read the assertion and reason statements given below and choose the correct alternative from the options that follow.

Assertion : Poverty begets poverty.

Reason : Beginning with a low income and lack of resources, the poor go through low health and nutrition, lack of education, and lack of skills. This leads to low employment opportunities, which, in turn, continue their low income condition, and low health and nutrition status. The resulting lowered motivational level only makes the situation worse; the cycle starts and continues again.

(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

49. The aim of which of the following amendments of the constitution was to give more power to people for their development through decentralized planning, and through people's participation?

(a) 73rd amendment
(b) 87th amendment
(c) 69th amendment
(d) 71st amendment

50. What is the function of the international group Action Aid?

(a) Adoption and implementation of green growth plans; provision of research for policymakers; and private sector engagement in the implementation of the national green growth plans.
(b) To reduce air, soil and water pollution in all the countries by reducing the use of plastics, ensuring clean energy, and by funding research on developing cleaner ways of producing energy, and by also coming up with better and cheaper ways to treat and dispose industrial wastes.
(c) It is dedicated to the cause of the poor, has goals of making the poor more sensitive to their rights, to equality and justice, and ensuring for them adequate nutrition, health, and facilities for education and employment.
(d) To shift market share away from unsustainable products and companies and towards environmentally and socially beneficial solutions.

51. What is the main function served by Antyodaya programmes in India?

(a) Reduction of environmental pollution
(b) Minimizing the impact of natural disasters on human beings
(c) Upliftment of the poor
(d) Reduction of all kinds of discrimination in the Indian society

52. Which of the following are the steps being taken by the government and other groups to work towards long-term alleviation or reduction of poverty?

(i) Providing educational and employment opportunities, following the principles of social justice.
(ii) Breaking the poverty cycle, and helping the poor to attain self-sufficiency by initially providing financial relief, medical and other facilities to the poor.
(iii) Creating a context for making the poor take responsibility instead of blame for their poverty.
(iv) Providing financial help to certain sections of the society throughout their lives.

(a) Both (i) and (ii)
(b) (i), (ii) and (iii)
(c) (i), (ii) and (iv)
(d) All of the above

53. Which of the following is a measure not paid much attention to, for the reduction of poverty?

(a) Measures for improving mental health of the poor.
(b) Measures providing educational and employment opportunities to the poor.
(c) Measures for improving physical health of the poor
(d) Measures providing food and nutrition to the poor.

54. Which of the following statements best defines the term "aggression"?

(a) It refers to any behaviour by a person/persons that results in some kind of harm to another person/persons.
(b) It refers to any behaviour by one person/ persons that is intended to cause harm to another person/ persons.
(c) It refers to the behaviour of verbally abusing someone.
(d) It refers to the behaviour of hurting someone physically.

55. Which of the following statements correctly distinguishes between aggression and violence, as pointed out by some psychologists?

(a) Violence involves only verbal abuse whereas aggression involves only physical harm to the other person.
(b) Violent behaviour involves the intention to harm or injure another person, whereas aggression may or may not involve such an intention.
(c) Aggressive behaviour involves the intention to harm or injure another person, whereas violence may or may not involve such an intention.
(d) Aggressive behaviour doesn't necessarily lead to any harm to another person whereas violent behaviour always leads to harm to the other person.

56. Identify which of the following actions given below is an instance of aggression.

(i) A person kicking a motorbike violently to start it.
(ii) Burning buses or other public property during a riot.
(iii) A person kicking a motorbike violently to damage the vehicle, because it belongs to a person s/he dislikes.

(a) Only (i)
(b) Only (ii)
(c) Both (ii) and (iii)
(d) Only (iii)

57. Identify whether the following events are instances of instrumental aggression or hostile aggression.

(i) Rahul pulls his sister's because he likes troubling her.
(ii) Riley makes a girl from her gymnastics class trip very hard by blocking her path with her leg, so that the girl is unable to do gymnastics and hence she will not be selected for the upcoming gymnastics competition, which would ensure Riley's selection for the competition.
(iii) Ganesh beats up one of his classmates to get him to do his homework.
(iv) Puneet hates his cousin who always does well in academics. Because of this, Puneet's parents constantly keep comparing him with his cousin. When Puneet meets his cousin next time, he is so angry that he kicks him very hard.

(a) (i) - Hostile aggression, (ii) - Instrumental aggression, (iii) - Instrumental aggression, (iv) - Hostile aggression
(b) (i) - Instrumental aggression, (ii) - Hostile aggression, (iii) - Instrumental aggression, (iv) - Hostile aggression
(c) (i) - Hostile aggression, (ii) - Hostile aggression, iii) - Instrumental aggression, (iv) - Instrumental aggression
(d) (i) - Instrumental aggression, (ii) - Hostile aggression, (iii) Hostile aggression, (iv) - Instrumental aggression

58. Which of the following are the views that social psychologists have come up with about the causes of aggression?
(i) Aggression is an expression, and consequence of frustration.
(ii) Aggressiveness is an inborn tendency among human beings (as it is in animals).
(iii) The way an individual is brought up often influences her/his aggressiveness.
(iv) Aggression could also be indirectly triggered by physiological mechanisms, especially by the activation of certain parts of the brain that play a role in emotional experience.
(a) Both (i) and (iv)
(b) (i), (ii) and (iv)
(c) Both (ii) and (iii)
(d) All of the above

59. Which of the following statements best describes instrumental aggression?
(a) An expression of anger towards the target, with the intention of harming her/ him, even if the aggressor does not wish to obtain anything from the victim.
(b) The act of aggression is meant to obtain a certain goal or object.
(c) Aggressive behaviour which accidentally leads to harm to the other person
(d) The act of aggression towards someone who is close to the aggressor.

60. Which of the following statements best describes hostile aggression?
(a) An expression of anger towards the target, with the intention of harming her/ him, even if the aggressor does not wish to obtain anything from the victim.
(b) The act of aggression is meant to obtain a certain goal or object.
(c) Aggressive behaviour that only involves physical harm to the other person.
(d) The act of aggression towards someone who is close to the aggressor.

61. Which of the following psychologists conducted research to examine the frustration-aggression theory?
(a) Henri Tajfel
(b) John Dollard and colleagues
(c) Albert Bandura
(d) Stokols

62. Which of the following defense mechanisms involves redirecting an impulse towards a less threatening or safer target, according to psychoanalytic theory?
(a) Projection
(b) Reaction formation
(c) Displacement
(d) Regression

63. Which of the following theories of aggression involves displacement of aggressive impulses onto weaker targets?
(a) Instinct Theory of Aggression
(b) Social Learning Theory
(c) Frustration-Aggression Theory
(d) Physiological theory

64. Which of the following is/are not a/the factor(s) which can lead to aggression?
(i) Personality factors
(ii) Availability of weapons of aggression
(iii) Observing an aggressive model
(iv) Cultural factors
(a) Both (i) and (iv)
(b) Only (iii)
(c) Only (ii)
(d) None of the above

65. Who among the following conducted an experiment to demonstrate the observational learning of aggressive behaviour?
(a) Albert Bandura
(b) Henri Tajfel
(c) Muzafer Sherif
(d) John Dollard

66. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Only people who have very low self-esteem show aggression and those who have high self-esteem never show aggression.
Reason : People who have very low self-esteem and feel insecure may behave aggressively in order to 'boost their ego'. Likewise, people who have very high self-esteem may also show aggression, because they feel that others do not place them at the high 'level' at which they have placed themselves.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

67. Given below are the descriptions of some people and in some cases the situations that they are in. Read these and identify in which of these is the main person likely to be aggressive (in general or in the particular situation if it is given).
(i) Raju has grown up in a family that rewards resolving conflicts through communication.
(ii) Ayush just played a video game that involved a lot of violence, like shooting people etc.After this, his younger brother came and called him a "good-for-nothing fatso".
(iii) Anant has a tendency to get into a lot of fights. Whenever he gets into a fight, his friends praise him and say about him "That's the real man!"
(iv) A tribal community focuses on making its members strong and tough. It is mandatory for every person to take training in combat skills. The community believes that these skills are necessary for survival since the world out there is just always waiting to get them.
(a) Aggression is likely to be shown by the main characters in scenarios (i), (ii) and (iii)
(b) Aggression is likely to be shown by the main characters in scenarios (ii), (iii) and (iv)
(c) Aggression is likely to be shown by the main characters in scenarios (ii) and (iii)
(d) Aggression is likely to be shown by the main characters in all of the above scenarios.

68. Which of the following strategies can be used to reduce aggression in our society?
(i) Implementing social justice and equality in society.
(ii) Parents and teachers should be especially careful not to encourage aggression in any form. The use of punishment to bring about discipline also needs to be changed.
(iii) Not denying children access to video games which involve violence and watching movies where heroes engage in violent acts.
(iv) Opportunities to observe and imitate the behaviour of aggressive models should be reduced.
(a) (i), (iii) and (iv) (b) Both (i) and (ii)
(c) (i), (ii) and (iv) (d) All of the above

69. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Poverty may be a prominent cause of aggression.
Reason : Poverty can cause frustration in certain sections of society which lead to aggressive tendencies.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

70. Which of the following statements defines health as defined by the World Health Organization (WHO)?
(a) Health refers to the state of your physical body and how well it is operating. It is influenced by levels of physical activity, adequate nutrition, rest, environments, etc.
(b) Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.
(c) It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment".
(d) It is the absence of all kinds of mental and physical illnesses.

71. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Some people are quick to seek doctor's help while others do not if they are suffering from such symptoms as nausea, cold, diarrhea, smallpox, etc.
Reason : There are differences in mental representations people make relating to disease, its severity and the causes of disease. One may not seek doctor's help for a cold if one attributes it to eating curd or for leprosy or smallpox if these are attributed to God's annoyance.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

72. Which of the following is the discipline which seeks to alleviate stress due to diseases through modifications in behaviour?
(a) Behavior medicine (b) Family medicine
(c) Preventive medicine (d) Angiology

73. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : In Indian society, medical advice by or for a female is often delayed.
Reason : Females in the Indian society are less valued, and there is a belief that they are hardy, and sometimes there is shame associated with some diseases that females suffer from.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

74. Which of the following factors influence physical well-being or illness?
(a) Cognitions
(b) Social and cultural factors
(c) Behavior
(d) All of the above

75. Which of the following are the negative effects of television watching on children and adults?
(i) Television watching may have an effect on children's ability to concentrate on one target, their creativity and ability to understand, and also their social interactions.
(ii) Because the programmes are attractive, children spend huge amounts of time watching them. This reduces their habit of reading and writing, and also their outdoor activities such as playing.
(iii) Television watching has developed consumerist attitudes in children as well as adults.
(iv) Television provides a large amount of infotainment in an attractive form, and in the visual mode, for which it became a powerful medium of instruction for children.
(a) Both (ii) and (iii)
(b) Both (i) and (ii)
(c) (i), (ii) and (iii)
(d) All of the above

76. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Watching television develops consumerist attitudes.
Reason : Numerous products are advertised on television, and it is very natural for the viewer to get carried away
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

77. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.
Assertion : Some researchers have found that watching television increases aggressive behaviour.
Reason : According to some research findings, by watching television, the natural aggressive tendency of the viewers reduces: what is 'bottled up' gets an outlet, and thus the system is cleansed. This process is called catharsis.
(a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

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1. (d)	2. (d)	3. (b)	4. (a)	5. (d)	6. (a)	7. (a)	8. (c)	9. (c)	10. (d)
11. (c)	12. (d)	13. (d)	14. (c)	15. (d)	16. (a)	17. (b)	18. (d)	19. (c)	20. (b)
21. (b)	22. (d)	23. (a)	24. (a)	25. (d)	26. (c)	27. (c)	28. (d)	29. (d)	30. (b)
31. (a)	32. (c)	33. (d)	34. (d)	35. (b)	36. (a)	37. (b)	38. (c)	39. (c)	40. (a)
41. (c)	42. (d)	43. (b)	44. (a)	45. (d)	46. (d)	47. (b)	48. (d)	49. (a)	50. (c)
51. (c)	52. (b)	53. (a)	54. (b)	55. (c)	56. (c)	57. (a)	58. (d)	59. (b)	60. (a)
61. (b)	62. (c)	63. (c)	64. (d)	65. (a)	66. (c)	67. (b)	68. (c)	69. (d)	70. (b)
71. (d)	72. (a)	73. (d)	74. (d)	75. (c)	76. (d)	77. (c)			